

Meridian Kayak Adventures



“Wilsons Prom”

2 Day Sea Kayak Skills Course



Wilsons Prom, located 230 km south east of Melbourne, is the southern most tip of mainland Australia. With its 130 km of coastline, framed by granite headlands, mountains, forests, fern gullies and pristine beaches, is perfectly suited to the requirements of our 2 day sea kayak skills course, thanks in part to the mix of sheltered bays and exposed water, as well as the varying effects of tides and currents in the area. Not to mention the panoramic views, fantastic scenery, dolphins and other wildlife. This all adds up to a great environment to take you quickly through from learning basic strokes on gentle water to being able to handle navigation issues, all within your own comfort range. Or to push yourself under the guidance of our qualified sea instructors.

A QUICK ITINERARY

Selecting the right equipment, energy efficient and injury prevention paddle strokes, managing risks and rescues, weather, navigation, touring,

MEETING PLACE AND TIME

We meet at our base location – Yanakie Caravan Park -Duck Point - at 9:00 am on Day 1 (unless arriving the previous evening).

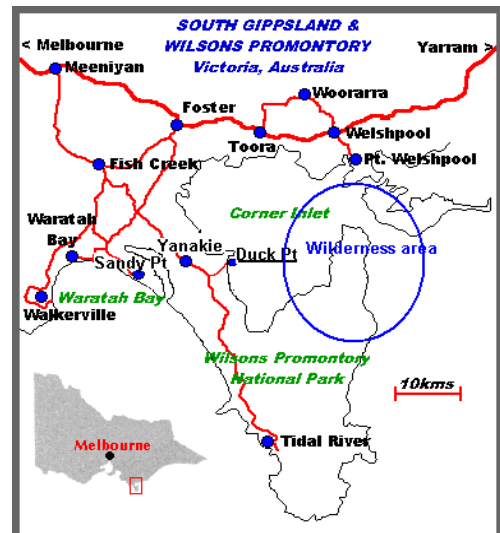
HOW TO GET THERE

To the Prom from Melbourne. Allow 2 ½ hours driving. Take the South Gippsland Highway through Korumburra and Leongatha. Turn right just past Meeniyan and continue through Fish Creek and again turn right following the national park signs.

To Duck Point, Corner Inlet. Take Foley Road on the left which is about 4 km past the village of Yanakie and follow it all the way to the caravan park.

ACCOMMODATION

The course is “residential” so accommodation is provided throughout, including the option of the previous night. For help in finding something else before or after give us a call. Or www.promaccom.com.au has a booking service as well or try www.visitvictoria and go to the accommodation link



SEA KAYAKING

No previous experience is necessary. Sea kayaking requires only a moderate level of fitness, similar to brisk walking or cycling. The weather conditions play a big part in the degree of difficulty and comfort and the Prom can turn on some varied weather. An average day's paddling is about 4-5 hours. Your instructors will coach you in energy efficient and injury prevention paddling techniques to make the sea kayaking and the course that much more enjoyable.

PROPOSED ITINERARY

Weather conditions may cause a change in plans and or delays.

Day 1: Introductions, safety brief and paddling strokes, debrief and lunch. The afternoon starts with some safety theory followed by rescues and a debrief of the day

Day 2: Coastal navigation, weather, planning and preparing for a day trip. Practical execution of the paddling plan while refining skills learned from day one during the tour with lunch along the way. The day ends with an introduction to rolling and course debrief.

COURSE ORGANISATION

The course delivery is flexible in terms of the depth and breadth of skills and knowledge. We believe that some skills in particular are vital to effectively build and progress competence. These “building blocks” are then added to by mutual agreement to further develop and enhance the individuals'

particular wants and needs. Mutual agreement means that we can either skim through in less detail to cover more topics or, slowly pace through and refine less skills using more time. The students decide. Typically, the course runs for two consecutive days so that skills learned on day one are still fresh to progress on day two.

CLIMATE

Victoria's weather has a "changeable" nature to it. *"If you don't like the weather, just wait 5 minutes"*. By far the best season for kayaking here is mid summer through to early winter. (Jan to May). The area is especially changeable with its many moods and changing vistas.

INSTRUCTION STAFF

Your sea instructors are fully trained and Australian Canoe Inc. qualified. Their job is look after the all the details and safety of their dients and ensure that everybody has an unforgettable experience.

TRAVEL ARRANGEMENTS

Delays are always possible due to weather and transport difficulties and whilst Meridian Kayak Adventures will do its best to fix the problem we are not held responsible for any additional charges incurred.

TRAVEL INSURANCE

It may be prudent to take out a personal insurance policy to cover yourself against sickness, accident, loss of baggage, course cancellation and in the unlikely event that you may need emergency evacuation by helicopter due to illness or injury

TIME AND COMMUNICATION

Victoria operates on Australian Eastern Standard Time and daylight saving time from late October to late March. Mobile phone reception is possible in many places with Telstra only.

CONSERVATION

Minimal environmental impact. Meridian Kayak's motto is "take only your memories, photos and not leave any footprints" Sea kayaks have the potential to go where no other form of transport can take you. Through very shallow channels and across wide mudflats to undisturbed places of vegetation, breeding grounds and fauna. Therefore we are very sensitive of the ecology of the areas we visit and take steps to limit our impact on them. We ask that each person do their bit and take out every thing we bring in including all rubbish. At times we only sit quietly in our kayaks, observe and soak up nature instead of being "interactive": visitors.

PHOTOGRAPHY

Expensive cameras and sea kayaking do not mix well. Often the best photo opportunities are on the water and salt water can harm the delicate electronics in digital and film cameras. Waterproof disposable cameras can produce some surprising and stunning results.

MONEY TO BRING WITH YOU

Beachfront cafes are a magnet. Be careful to limit the caffeine intake.

SECURITY

Unfortunately this is always seems to be a problem and while Australia is an affluent country, there are some who will take an advantage when they can. Valuables can be left in a safe at our office in Melbourne and we suggest that only copies of important documentation be taken on the course.

MEDICAL MATTERS

Any person undertaking this course or any activity with Meridian Kayak Adventures is required to provide us with a medical questionnaire filled out completely and accurately. In the unlikely event of a medical treatment and /or evacuation these details are made available to paramedics.

Hygiene

Be conscious of hygiene. Regularly wash your hands, be wary of uncooked food and be thorough when washing up after meals.

Vaccinations

We ask that our dients ensure that all relevant vaccinations are up to date.

Please advise us of any side effects of any medication you take and any dietary requirements related to the medication. Inform your sea guides of any drugs to which you are allergic to as well as noting on the Medical fom.

Medical supplies

On our courses into remote areas we carry a comprehensive first aid kit. However it is your responsibility to bring a sufficient supply your own medications. In addition to that we suggest you bring

- Sun screen (water resistant at least 30+ SPF)

- Lip protection
- Band-aid strips
- Insect repellent
- A mild anti-nausea drug if you feel you may be susceptible to sea sickness
- A mild antiseptic soap

Dental

Sometime assistance can be a considerable time away so it is advisable to have a check-up for undertaking any remote area activity.

MONEY MATTERS

Your course cost includes:

- Single person fully equipped expedition sea kayaks,
- Paddling gear including PFD, paddling jacket and naturally a paddle
- Dry bags for your personal gear
- Professional sea instructors and safety equipment
- Lunches, snack foods

Not included is:

- Items of a personal nature such as toiletries, photographic equipment and films.
- Meals on route to location
- Travel insurance
- Overnight accommodation.

EQUIPMENT & CLOTHING – WHAT YOU NEED TO BRING

We often visit remote areas and to minimise environmental impact we travel self sufficiently. This means that we carry everything with us, including the kitchen sink! It is important then to keep personal gear to a minimum. All equipment is packed into waterproof bags in the kayaks. Some of the hatches have small openings to improve water proofing and craft strength, so a number of small parcels are better than one big bag. When considering clothing many layers of light weight garments are preferable to a single bulky item.

We will carry all our drinking water. Many sea kayaking locations do not have a reliable supply of fresh water so it may be some days before we can wash in fresh water.

GEAR LIST

This list ought to be used as a guide when packing.

When sea kayaking

| Optimal / Best | Suitable | NO! Don't bring |
|---|--|---|
| Clothes Polypropylene thermals, polartec (long sleeve, top & bottom.) OR Wetsuit ('Long john' sleeveless) Spare change of clothes for on and off the water | Woollen or fleece jumper / pants, or Fleecy tracksuit | Cotton (unless very hot conditions which is not often in Victoria) |
| Footwear Reef shoes/ Wetsuit booties | Runners - ("Dunlop Volleys") | Shoes / boots Chunky runners, Sandals |
| Hat - Wide brim | Baseball caps | Sun visors |
| Sunglasses - polarised | | |
| Sun screen SPF 30 + 1 or 2 one litre water bottles or a camel pack drinking system Personal insect repellent. | Factor 15 + | Tanning lotions |

General comments on Paddling Clothes.

Special clothes are not necessary for sea kayaking. Mostly warm clothing that will retain your body heat is best.

Three separate layers is ideal.

The first, closest the skin is to "wick" or remove moisture from the skin. Polypropylene or "polartec" under garments.

Second is an insulation layer which keeps any heat generated by the body next to the body. Fleece or wool.

Thirdly, on top is a protection layer to keep out wind or moisture.

Some garments achieve all three but tend to be very expensive and offer little flexibility. Wetsuits are excellent but need to be wet to work effectively. A warm top should still be worn with a wetsuit.

Sleeveless wet suits are more comfortable. Even on a warm day some wind will cause spray which has a remarkable cooling effect.

Shoes: Reef booties, wetsuit booties or a light pair of runners are best in that order. Heavy boots are not advisable for swimming. Footwear must be worn in and around the boats for safety (rocks, shell fish, broken bottles, syringes). Expect to get them wet with salt water so inexpensive ones are fine.

Trousers: Synthetic / fleece tracksuit pants work well. Shorts are good in hot weather. Swimsuits alone are uncomfortable. Long thermal underwear is excellent.

Tops: In colder weather one or two light wool jumpers, synthetic pile or thermal underwear is best. A light windproof jacket is always in reach while paddling. Cotton clothing is to be avoided as it loses all insulating value when it gets wet and actually acts to cool you down. It's only good application is in summer as sun protection when there is no wind. . (I've yet to sea kayak with no wind!)

Headgear: A hat is important to maintain body heat and for sun protection. A wide brimmed hat or legionaries hat is excellent. Visors alone are inadequate. Canoeing type helmets are a must for surfing or rocky landings.

Sunglasses (polarised) Sun glare can be a problem for eye health and visibility. There is no shade on the open sea. Side flaps or a wraparound style is a good idea as well as looking stylish."

Hats and glasses MUST be secured to yourself by some form of drawstring.

A point to ponder! . With so much water about it is difficult to get too hot while sea kayaking. The trick is keeping warm!

Optional items.

- Camera and film with waterproof container.
- Binoculars.
- Any pieces of equipment you may want to try out.

MAPS / READING / INFORMATION

The Parks Victoria Information Centre at Tidal River has a range of excellent publications covering the history, fauna and flora of Wilsons Prom. In particular; Wilsons Promontory National Park – Outdoor Leisure Map. Scale 1:50000 Or visit the Parks Victoria website at www.parkweb.vic.gov.au
Hutchinson, Derek, *The Complete Book of Sea Kayaking*. A&C Black (Publishers) London.
Broze , Matt & Gronseth, George *Sea Kayaker's Deep Trouble*, Ragged Mountain Press, Maine
Burch, David, *Fundamentals of Kayak Navigation*, The Globe Pequot Press, Connecticut

DELAYS OR PROBLEMS

In case of last minute delays or any problems, contact Meridian Kayak Adventures in Australia on +61 3 9596 8876

Meridian Kayak Adventures

PO Box 565, Elsternwick, Vic, 3185

Ph: **1300 656 433** Fax: (03) 9596 9548

International Ph: 61 3 9596 8876 Fax: 61 3 9596 9548

Email: info@meridiankayak.com.au

Website: www.meridiankayak.com.au